



## Paleo for Beginners: Essential Paleo Diet Cookbook and Guide with 42 Easy Recipes to Get You Started

By Happy Cook

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 166 pages. Dimensions: 8.0in. x 5.0in. x 0.6in. Paleo For Beginners is an enjoyable and easy-to-read beginners guide to the Paleo diet and lifestyle. It includes all the info you need to know to go Paleo plus a delicious collection of 42 essential recipes to get you started. If you follow the guidelines in this book, your Paleo journey will make you feel great about yourself, and get you the results you want. We hope you enjoy what we've put together for you, but most of all we hope you can walk away from this book feeling like the champion we know you can be! Diet fads come and go. Some are more substantial than others, some are outright scams designed to help you drop money, not pounds. The Paleo diet is a relative newcomer, but its roots go back further than any of the new diets you hear about, and it has the power to change your life more deeply than you'd expect. The purpose of this book is to answer your questions; to help you make an informed decision about the changes you want...

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